

# The Tray

Observe what is arising. Cultivate curiosity.



When fear, irritation, uncertainty or anxiety arise within you, imagine you are observing the emotion, the situation, on a lovely tray.

Cultivate curiosity. Think, “Hmmm, isn’t this interesting? I am feeling quite frustrated right now.” Or, “Wow, look at that anxiety arising within me, isn’t that interesting?” By cultivating curiosity, we can negate the physiological effects of strong emotions, and respond to life from our pre-frontal cortex, speaking and acting wisely and skillfully from this more advanced portion of our brain.

Rather than drowning in our own emotional response, we can observe it with curiosity, and begin to notice patterns around that emotion. We are not burying it within, nor are we allowing unskillful responses to come flying out of our mouths or via body language.



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